

HEAL LORE

MANUAL FOR HEALING

ERIKA GITTINGER



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BUDAPEST

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NATURE

DOES NOTHING USELESSLY

TO

DIVINE NATURE

'Any man who
is intelligent must, on
considering that health is of the
utmost value to human beings, have
the personal understanding necessary
to help himself in diseases, and be able to
understand and to judge what physicians
say and what they administer to his body,
being versed in each of these matters
to a degree reasonable for a
layman.'

Hippocrates

PREFACE

This book is intended as a Manual for Healing, to point out ancient wisdom, Nature's gifts - lesser- or unknown by many - powerful resources within and around us available at all times free of charge.

Once we understand the laws of Nature and live in sync with them, Health will follow.

'Those who flow as
life flows know they
need no other force.'

Lao Tzu

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ILLNESS • Sign • Call for Change • Message • Lesson
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DRUGS Side effects • Dis-Ease Industry • Big pHARMA
NUTRITIONAL Deficiency • LACK • pH Imbalance
LACK of: Oxygen • Nutrients • Water • Rest • Sleep
Sunlight • Exercise • Self-Love • Love • Nature
Support • Spirituality • Self-Care • Care • Color
STRESS Mental & Emotional • Modern 'Life' • Survival
PAIN • Medicine • Protective Mechanism • Message
Messenger • Call • Blessing • Lesson • Outcome of Sin
CAUSES Lack of Oxygen • Dehydration • Resistance
PAINKILLERS • SUFFERING • Cause • Imagination
SYMPTOMS • Language of the Body • Root Cause
Treat the Cause, Not Symptom! Treat the Patient!
NOT Sick: HEALING!

INTRODUCTION

Each topic discussed requires a specialist, therefore, only essential information is provided. For deeper knowledge, you will find recommendations for the finest books on the subject.

Books that are in the public domain are provided with a link where you can read or download them. To help with learning and practicing, links are provided to YouTube videos.

This book is intended to be used as a manual or reference book.

‘When
the
student
is ready, the
teacher appears’

'A man is ill, but
the illness is Nature's
attempt to heal him.'

Carl Jung

'We call them
diseases, but in fact
they are the natural
cure for diseases.'

Hippocrates

I.

DISEASE

DIS-EASE IS THE CURE

'What is impossible to
see from the viewpoint of
those who believe in cures
is that the very symptoms the
good doctors have suppressed
and turned into chronic disease
were the body's only means of
correcting the problem!

The so-called
"disease" was the
only "cure" possible!
Philip K. Chapman

'Don't get lost in
your pain, know that
one day your pain will
become your cure.'

Rumi

'If people become ill, it
is quite fashionable to say that the
immunity system has temporarily failed –
yet the body itself knows that certain 'dis-eases'
are healthy reactions. The body does not recognize
diseases as diseases in usually understood terms. It
regards all activity as experience, as a momentary
condition of life, as a balancing situation.'

Jane Roberts

DISEASE

is Dis-Ease

STATE of
disharmony,
imbalance

RESULT of
dis-ease

'The world is entrapped
through uneasiness, not through
diseases (illnesses). Diseases (illnesses)
are caused by uneasiness. Do the trees
get any diseases (illnesses)? Do the
crows become paralyzed
or have
high blood pressure?'

Param Pujya Dada Bhagwan

DIS-EASE

absence of ease,
deviation from a
biological norm

'Disease is a
vital expression of
the human organism.'
Georg Groddeck

'Disease may be defined as
'A change produced in living things in
consequence of which they are no longer
in harmony with their environment.'
William Thomas Councilman

'Disease is an abnormal state of the body
which primarily and independently produces
a disturbance in the normal functions of the body.
It may be an abnormality of temperament or form
(structure). Symptom is a manifestation of some
abnormal state in the body. It may be harmful
as a colic pain or harmless as the flushing
of cheeks in peripneumonia.'
Avicenna

DIS-EASE

'Life's cleansing
process is called disease.'

Swami Sivananda

'Disease is the occurrence of a toxicity crisis. The crisis occurs when toxins in the body have reached a certain level of concentration, which, in this context, I will be referring to as "tolerance." The body signals pain or other forms of discomfort in order to stimulate the immune system into defensive action. The resulting immune response includes the mobilization of immune cells and antibodies that help to reduce the level of toxicity to below the limit of tolerance. During the reactive stage of the toxicity crisis you may feel weak and worn out because the body utilizes every ounce of energy it can get to clear itself of the toxins. Under normal circumstances, physical strength, appetite and good mood will begin to return several days after the immune response. This may give you the impression that your health is back to normal, whereas in many cases you may have only passed the symptom level of the toxicity crisis.'

Andreas Moritz

ILLNESS vs DIS-EASE

ILLNESS

'Ill health; the state of being ill'
feeling, an experience of unhealth

ILL

- 13C • 'morally evil; offensive, objectionable'
- 14C • 'marked by evil intentions; harmful'
- 15C • 'Sense of 'sick', unhealthy, diseased, unwell
(probably from the idiom: 'it is bad to me')

DIS-EASE

'Disease is a dynamic process. It has a beginning
- slow or sudden - develops, reaches in many cases
an acme, and ends in recovery or death.'

Henry E. Sigerist

ACUTE DIS-EASE

occurs suddenly & lasts for a short time

CHRONIC DIS-EASE

develops slowly in the body & lasts for a long time

'The greatest part of all chronic disease is created by
the suppression of acute disease by drug poisoning.'

Henry Lindlahr

DIS-EASE STATE OF MIND

'All disease originates in
the mind. Nothing appears on
the body unless there is a mental
pattern corresponding to it.'

Dr Joseph Murphy

'What happens
in the mind of man is
always reflected in the
disease of his body.'

Rene Dubos

'Disease is an image
of thought externalized.'

Mary Baker Eddy

'All disease originates in
the mind. Nothing appears on
the body unless there is a mental
pattern corresponding to it.'

Dr Joseph Murphy

THE HUMAN BODY

'SYMBOL OF MENTAL STATE'

'Georg Groddeck, regarded the body as being so much the servant of the mind that he stated that the body is a *symbol* of one's mental state.'

'Groddeck has suggested that the illnesses which we have are symbols of our inner conflicts, and this certainly seems to be true of many of our complaints.

The physician attacks these with medicaments, but the psychotherapist, regarding the illness merely as a symbol of something more important and more deep-seated, attacks the unconscious conflicts. When these are resolved and when, in consequence, the need for illness is removed, then the physical symptoms, the illness as ordinarily understood, will also disappear.'

'Groddeck would suggest that the part of the body which is, so to speak, chosen for the symptom, indicates the state of affairs in the never-ending strife between the traditional three parts of the body the head, the breast and the belly, and their mental equivalents. Whether or not we accept his more general theory, it is often apparent in the course of analysis that the *appropriate* symptom, or illness, is chosen, in any particular psychological situation.'

'How well we have lived our lives, will inevitably be shown in our bodies, which are themselves symbols of the inner life.'

F. Claude Palmer, MA

'The
human
body is the
best picture of
the human soul.'

Ludwig Wittgenstein

THE OLD HEALER TO THE SOUL

'It's not your back
that hurts, but the burden.

It's not your eyes that hurt, but injustice.

It's not your head that hurts, it's your thoughts.
Not the throat, but what you don't express or say
with anger. Not the stomach hurts, but what the
soul does not digest. It's not the liver that hurts,
it's the anger. It's not your heart that hurts,
but love. And it is love itself that
contains the most
powerful
medicine.'

Ada Luz Marquez

PSYCHOSOMATIC

When The Mind speaks
through The Body

‘Every person must live the inner life in one form or another. Consciously or unconsciously, voluntarily or involuntarily, the inner world will claim us and exact its dues. If we go to that realm consciously, it is by our inner work: our prayers, meditations, dream work, ceremonies, and Active Imagination. If we try to ignore the inner world, as most of us do, the unconscious will find its way into our lives through pathology: our psychosomatic symptoms, compulsions, depressions, and neuroses.’

Robert A. Johnson

PSYCHO-SOMATIC

Relating to Mind and Body

Greek *psykhē* 'mind' + *sōma* 'body'

physical disorders with psychological causes

'Diseases that
escape the heart
devour the body'
Hippocrates

'Lose/Win people bury a lot of feelings.
And unexpressed feelings come forth later
in uglier ways. Psychosomatic illnesses often are
the reincarnation of cumulative resentment, deep
disappointment and disillusionment repressed by
the Lose/Win mentality. Disproportionate rage
or anger, overreaction to minor provocation,
and cynicism are other embodiments
of suppressed emotion. People
who are constantly repressing, not
transcending feelings toward a higher
meaning find that it affects the quality
of their relationships with others.'

Stephen Covey

POWER OF THE MIND

‘Every cell in our body suffers or grows,
receives a life impulse or a death impulse,
from every thought that enters the mind.

You tend to grow into the image of the
thing you think about most.’

Swami Sivananda

The brain controls all body functions.
Mental states, thoughts & emotions **cause
changes in brain & body chemistry & cells.**

Emotions are experienced in brain & body.

Emotions affect the body & health.

‘As our feelings change, this mixture of peptides
travels throughout your body and your brain.
And they’re literally changing the chemistry
of every cell in your body.’

‘We’re vibrating like a tuning fork —
we send out a vibration to other people.

We broadcast and receive. Thus the
emotions orchestrate the interactions
among all our organs and systems.’

[The Physics of Emotion](#)

Dr. Candace Pert

'Disease
is in essence
the result of conflict
between Soul and Mind,
and will never be eradicated
except by spiritual and mental effort.'

Edward Bach

CAUSE OF DISEASE

'Every human being
is the author of his
own health or
disease.'

Gautama Buddha

'As I see it every day you do
one of two things: build health
or produce disease in yourself.'

Adelle Davis

'The primary cause of
disease is in us, always in us.'

Antoine Béchamp

'...try to understand that the particular
dilemma of illness is not an event forced upon
you ... Rather realize that to some extent or another
your dilemma or your illness has been chosen by
you... There is no need to feel guilty since you
meant very well as you made each choice...'

Jane Roberts

'Disease is
the retribution of
outraged Nature.'
Hosea Ballou

DISHARMONY

'You can look at disease
as a form of disharmony.'

Mitchell Gaynor, M.D.

NAVAJO MEDICINE

'The Navajo interpret all human suffering as disharmony. An individual suffers because in some way he or she has fallen out of harmony. As one observer put it, 'disease is simply, yet precisely, disharmony'. The person who does not feel well has gotten out of phase with the matrix of correct relationships. Consequently, what Western man interprets as specific disease, an entity in itself, and affecting an organ system, is for the Navajo only a symptom of underlying disharmony.'

John L. Coulehan MD
Navajo Indian Medicine

DISEASE
can exist only in
a state of dis-ease,
disharmony.

AFRICAN TRADITION

'In some traditional African systems of thought, it is believed that when one has good health, one is in harmony with nature. If one is ill, a state of disharmony is said to exist.'

Wilbur Watson

CURANDERISMO

'Mesoamerican healing system which believes that diseases are caused by social, psychological, physical, environmental, and spiritual factors; a disharmony of the body, mind, and spirit.'

Álvarez Sesma

IMBALANCE,
DISHARMONY
cause dis-ease

AYURVEDA

‘The unbalanced state
of tissues is disease; whereas their
balanced state is termed as health. The
imbalance can occur due to different reasons.

Charaka has classified the causative
factors of diseases into three categories:
internal, external and psychological.’

Sharadini Arun Dahanukar

‘Health is known as happiness.
Disease is known as unhappiness.’

Charaka Samhita

TRADITIONAL CHINESE MEDICINE

‘The correct balance between Yin and
Yang and the harmonious mixture of the
elements cause health; lack of balance
and disharmony cause disease.’

Yellow Emperor’s Canon

IMBALANCE NATIVE HAWAIIAN

'Traditionally, illness was thought to be the result of an imbalance in the three anchors of the lokahi triangle (physical, mental/emotional and spiritual). Healing traditions addressed all three and healing occurred in a very holistic way. Many Pacific cultures share these or similar beliefs.'

Wong

UNANI TIBB

'It is believed in Tibb that imbalance in temperament predisposes human body to various diseases by producing a biotic imbalance with in body. Causes of initial imbalance in temperament lies in more subtle elements of life like air, water, food, rest, activity, work, evacuation of wastes, sleep etc.'

Jabin Farkhunda

'Being connected to
everything has
disconnected
us from
ourselves and the
preciousness of this
present moment.'

L.M. Browning

VIOLATING NATURE'S LAWS

'Disease is nature's revenge
for our destructiveness.'

Charles Frazier

'The ultimate
cause of human disease is the
consequence of our transgression
of the universal laws of life.'

Paracelsus

'Illnesses do not come upon us out of the blue.
They are developed from small daily sins against
Nature. When enough sins have accumulated,
illnesses will suddenly appear.'

Hippocrates

'Sickness is the vengeance of nature
for the violation of her laws.'

Charles Simmons

‘Man is an organism,
not a mechanism; and the
mechanical pacing of his life
does harm to his human
responses, which
naturally follow
a kind of
free rhythm.’

Richard M. Weaver

OUT OF SYNC WITH NATURAL CYCLES

Health and disease are influenced by
our connection to the cycles of nature.

‘When we are no longer in tune
with the outer forces, such as the cycles of
the sun and moon, we begin to feel out of balance
and perhaps fall ill. This means we need to take more
self-responsibility, which requires a commitment to
self, self-appreciation and self-love. These are the
qualities that an illness can help reinforce in us.

Most serious diseases result from a poor self-
image or feelings of not being worthy. As with
all negative things, there is a positive reason
behind disease, that is, to heal us and make us
whole again—not just physically, but also mentally
and spiritually. Instead of merely trying to get rid of
the symptoms of a disease, we may instead learn
something precious about ourselves and the way
we live our lives. Usually, by dealing with the
origin(s) of disease, we accept and
appreciate ourselves more
than before.’

Andreas Moritz

CIRCADIAN DISTURBANCE

'The relevance of circadian biology to sleep–wake timing and wider health is increasingly apparent.

Challenges to the circadian system include insufficient light exposure during the day, too much light at night, and long-term shift work, leading to mistimed sleep, diminished circadian amplitude, and weaker coherence within oscillator networks. Circadian disturbance contributes not only to the development of circadian rhythm sleep–wake disorders, but also to the development of a broad range of disorders, including cardiometabolic and inflammatory disease, cancer, mood dysfunction, and cognitive dysfunction...'

Circadian Rhythms and Disorders of the Timing of Sleep, The Lancet, September 14, 2022

MUSICAL PROBLEM

'Every disease is a musical problem.
Its cure a musical solution. The more rapid
and complete the solution, the greater
the musical talent of the doctor.'

Novalis

OUT OF TUNE

'There will come a time
when a diseased condition
will not be described as it is today
by physicians and psychologists, but
it will be spoken of in musical terms,
as one would speak of a piano
that was out of tune.'

Rudolf Steiner

'Every body organ and tissue
has a frequency or group of frequencies.
The human body is an orchestra of harmonic
sound. Every organ has an inherent resonance.
When one of these gets out of tune, like an
orchestra, the entire body suffers.'

Laura Riley

OUT OF RHYTHM

‘The art of healing,
the art of ecstasy, the art of
God-consciousness has millions of
names in mystic terms. It has to do with
rhythm and reality. When the body is in
rhythm, there is ease. When the body,
or any part of the body goes out
of rhythm, there is dis-ease.’

Harbhajan Singh Yogi

‘Rhythm in every guise
is the very nature of man’s whole
constitution. When the entire mechanism
of his body is working in a rhythm, the beat of
the pulse, of the heart, of the head, the circulation of
the blood, hunger and thirst – all show rhythm, and it
is the breaking of rhythm that is called disease.’

Hazrat Inayat Khan

'The soul suffers
when the body
is diseased
or traumatized,
while the body suffers
when the soul is ailing.'
Aristotle

SOUL DIS-EASE

'This loss of self
contributes to illness
in its myriad forms.'

Sidney Jourard

SOUL SICK

'Your soul suffers if
you live superficially.'

Albert Schweitzer

'A sad soul can
kill you
quicker
than a germ.'

John Steinbeck

'Diseases of the soul
are more dangerous and more
numerous than those of the body.'

Marcus Tullius Cicero

SPIRITUAL DISHARMONY

‘Diseases can be our spiritual
flat tires – disruptions in our lives
that seem to be disasters at the time
but end by redirecting our lives
in a meaningful way.’

Bernie S. Siegel

‘To live without love, compassion,
or any other spiritual value creates a state
of such severe imbalance that every cell yearns
to correct it. Ultimately, that is what lies behind the
onset of disease; the body is sending a message that
something lacking in the present — an imbalance
existing somewhere — has given rise to highly
visible, unarguable, physical symptoms.’

Deepak Chopra

‘I consider the cause of illness
and disease a spiritual abandonment
from oneself. The body is crying out
to reunite with its core self.’

Tony Fahkry

SICKLY GOODNESS

‘When a man is ill his
very goodness is sickly.’

Friedrich Nietzsche

‘Illness is
the most heeded
of doctors: to goodness
and wisdom we only make
promises; pain we obey.’

Marcel Proust

‘The soul becomes
dyed with the color
of its thoughts.’

Marcus Aurelius

‘Every day we touch what is
wrong, and, as a result, we are
becoming less and less healthy.
That is why we have to learn to
practice touching what is
not wrong—inside us
and around us.’

Thich Nhat Hanh

ILLNESS • A SIGN CALL FOR CHANGE

'Illness is often a sign that
you need to make
an adjustment
in your life path.'

Christiane Northrup

'We forget ourselves and
our destinies in health, and
the chief use of temporary
sickness is to remind us
of these concerns.'

Ralph Waldo Emerson

'A bodily disease which we
look upon as whole and entire
within itself, may after all, be but
a symptom of some ailment
in the spiritual part.'

Nathaniel Hawthorne

ILLNESS

A DIRECT MESSAGE

'Any illness is a direct message to you that tells you how you have not been loving who you are, cherishing yourself in order to be who you are.

This is the basis of all healing.'

Barbara Brennan

'Illnesses are
an expression
of your soul!'
Rüdiger Dahlke

'Health is an announcement of agreement between your body, mind and spirit. Honor your body, keep it in good shape. When you are not healthy, look to see which parts of you disagree. Your body will demonstrate the truth to you. Notice what it is showing you, listen to what it is saying.'

Neale Donald Walsch

DISEASE
• A LESSON •
OUR TEACHER

'I have learned much from
disease which life could have
never taught me anywhere else.'

Johann Wolfgang von Goethe

'In examining disease, we gain
wisdom about anatomy and physiology
and biology. In examining the person with
disease, we gain wisdom about life.'

Oliver W. Sacks

'My disease is one of the best
things that has happened to me;
it has pulled me out of a quietly
desperate life toward one
full of love and hope.'

Tom O'Connor

TOXINS & TOXICANTS

Latin *toxicum* 'POISON' substance
that can cause severe illness, death.

ACCUMULATION of toxins cause DIS-EASE

AIR pollution • through breathing

• gases, smoke, poor quality indoor air etc. •

EMF radiation • Electrosmog • harmful positive ions
cause disruption & degradation of the immune system

• microwave, cell phones, wi-fi, computers, etc. •

WATER pollution • chlorine, fluoride, chemicals etc.

• drinking, bathing, using contaminated water •

TOXIC, FAKE FOOD • chemicals, artificial food, GMOs
etc. disrupt the gut microbiome/digestion,
cause bodily pH imbalances etc.

• overeating, indigestion, lack of elimination •

NOISE pollution • unnatural/disturbing sounds cause
stress, sonic weapons can cause degeneration & death

LIGHT pollution • artificial, night light
disrupts the circadian rhythm

PRODUCTS • chemicals, cosmetics, perfumes,
toothpaste (fluoride) etc. are absorbed thru the skin
(largest organ of the body) & get into the bloodstream.

If you can't eat it, you shouldn't put it on your skin!

DRUGS • alcohol, cigarette, pharmaceutical drugs etc.

'Only when the last tree has died, the last river has
been poisoned and the last fish has been caught
will we realize that we cannot eat money'

Native Indian proverb

AIR POLLUTION

'Be it remembered that man subsists upon the air more than upon his meat and drink; but no one can exist for an hour without a copious supply of air. The atmosphere which some breathe is contaminated and adulterated, and with its vital principles so diminished that it cannot fully decarbonize the blood, nor fully excite the nervous system.'

William Makepeace Thackeray

'Air pollution is not merely a nuisance and a threat to health. It is a reminder that our most celebrated technological achievements - the automobile, the jet plane, the power plant, industry in general, and indeed the modern city itself - are, in the environment, failures.'

Barry Commoner

'In an underdeveloped country don't drink the water. In a developed country don't breathe the air.'

Jonathan Raban

ELECTROSMOG

EMR Electromagnetic Radiation

[Health Effects of EMR](#)

Artificial EMF from cell phones, Wi-Fi routers, cell towers, bluetooth, computer, laptop etc. cause disruption & degradation of the immune system.

‘EMF disrupts the chemical structures of tissue since a high degree electromagnetic energy absorption can change the electric current in the body.’

[Elfide Gizem Kivrak](#)

Electromagnetic Sensitivity

Aka Electromagnetic Hypersensitivity (EHS) or electrosensitivity, is a condition in which an individual experiences symptoms like headaches, dizziness, unusual heart palpitations, or insomnia, around wireless technologies or electrical devices such as smart meters, cell towers, Wi-Fi, mobile phones, cordless phones, power line magnetic fields, intermediate frequencies, and electric fields from various electronics devices.

READ

EMR BOOKS

ARTHUR FIRSTENBERG

Killing Fields - Electromagnetic Radiation

The Invisible Rainbow: A History of Electricity and Life

'Cells in the body react to EMFs as potentially harmful, just like to other environmental toxins, including heavy metals and toxic chemicals.

The DNA in living cells recognizes electromagnetic fields at very low levels of exposure; and produces a biochemical stress response. The scientific evidence tells us that our safety standards are inadequate, and that we must protect ourselves from exposure to EMF due to power lines, cell phones and the like, or risk the known consequences. The science is very strong and we should sit up and pay attention.'

Martin Blank, PhD

'Sensitivity to electromagnetic radiation is the emerging health problem of the 21st century. It is imperative health practitioners, governments, schools and parents learn more about it. The human health stakes are significant.'

William Rea, MD

TOXIC FOOD

'Every living cell in your body
is made from the food you eat.
If you consistently eat junk food
then you'll have a junk body.'

Jeanette Jenkins

'Any food that requires
enhancing by the use of
chemical substances should
in no way be considered a food.'

John H. Tobe

'Stomach: A slave that must accept
everything that is given to it, but which
avenges wrongs as slyly as does the slave.'

Emile Souvestre

"Pay the farmer or pay the hospital."

Birke Baehr

'Those who think they have no time for
healthy eating, will sooner or later
have to find time for illness.'

Edward Stanley

'Don't dig your grave
with your own knife and fork.'

English Proverb

TOXINS

'The accumulation of
toxins in the body/mind
system accelerates aging.'

Deepak Chopra

OVEREATING

'We are all dietetic sinners;
only a small percent of what we
eat nourishes us; the balance goes
to waste and loss of energy.'

William Osler

'Intemperance in eating is
one of the most fruitful of all
causes of disease and death.'

Harriet Beecher Stowe

'As houses well stored
with provisions are likely to be
full of mice, so the bodies of those
that eat much are full of diseases.'

Diogenes

'Anything
that makes you weak,
physically, intellectually,
and
spiritually,
reject as poison.'

Swami Vivekananda

MENTAL EMOTIONAL & SPIRITUAL TOXINS

Cause acidity in the body
Suppress the immune system

NEGATIVITY:
Thoughts Feelings Emotions Words
DISTURBING Images & Sounds
News Magazines Movies TV
CIRCADIAN Disturbance
Technology & Internet
Toxic Relationships
Unstable Family
Social Media

RELIGION

Alcohol

Stress

FEAR

‘The more you walk away
from things that poison your
soul, the healthier you will be.’
Shaista Saba

INTER-NET TECH-NO-LOGY

'Why is it that drug addicts
and computer aficionados
are both called users?'

Clifford Stoll

'The greatest task
before civilization at
present is to make
machines what
they ought to be,
the slaves, instead of
the masters of men.'

Havelock Ellis

'The difference between
technology and slavery is
that slaves are fully aware
that they are not free.'

Nassim Nicholas Taleb

'Our growing addiction to
the Internet is impairing
precious human
capacities such as memory,
concentration, pattern recognition,
meaning-making, and intimacy. We are
becoming more restless, more impatient,
more demanding, and more insatiable, even
as we become more connected and creative.
We are rapidly losing the ability to think long
about anything, even those issues we care
about. We flit, moving restlessly from
one link to another.'

Margaret J. Wheatley

ALCOHOL

'FIRE WATER'

Also known as Ethanol
origin: Arabic '*al-kuhl*'
'Body eating Spirit'

'Alcohol is a poison, harmful to the soul and body, therefore it is a great sin to drink alcohol and to offer it to others, and it is an even greater sin to produce and sell this poison.'

Leo Tolstoy

'I have better use for my brain than to poison it with alcohol.'

Thomas A. Edison

'In alchemy, alcohol is used to extract the soul essence of an entity. By consuming alcohol into the body, it in effect extracts the very essence of the soul.'

Jason Christoff

ALCOHOL AND SCIENCE

[The Deadliest Drug](#)

[Alcohol Facts & Physiology](#)

[Giving up Alcohol May Change Your Life](#)

[What Alcohol Does to Your Body, Brain & Health](#)

[One Sip of Alcohol Is Enough To Permanently Alter Your Brain](#)

A 2018 review in The Lancet,
one of the leading medical journals:

[No Level of Alcohol Consumption Improves Health](#)

[Massive Study Finds Alcohol Is a Leading Contributor
to Death And Disease Worldwide](#)

‘The widely held view of the health benefits of alcohol needs revising, particularly as improved methods and analyses continue to shed light on how much alcohol contributes to global death and disability.’

'Even a single dose of drinking alcohol -- ethanol -- can permanently alter synapses and mitochondrial movement in the brain's neurons, a new study finds. That has consequences for the brain's reward learning and can potentially lead to later alcohol addiction.'

'A research team from the University of Cologne and the Universities of Mannheim and Heidelberg has found that even the single administration of alcohol permanently alters the morphology of neurons. In particular, the structure of the synapses as well as the dynamics of mitochondria -- the powerhouses of the cell -- are influenced by alcohol.'

[STUDY: University of Cologne](#)

August 26, 2022

'Alcohol itself is toxic. We preserve fruits in alcohol because the alcohol kills the bugs. We put alcohol on our skin to stop infections, so we know that alcohol is toxic to living cells. And that in itself is a risk for cancer, because if you damage cells, they're more likely to become cancerous. So that's the first thing. But the second thing is alcohol is inevitably metabolized from ethanol to acetaldehyde and that is an even more dangerous substance, because acetaldehyde can get into cells and disrupt the DNA, the genetic material of cells, and make them more likely to go malignant.'

Prof. David J. Nutt

Professor of Neuropsychopharmacology

'If you want intoxication,
you can generate it from inside
– a kind of intoxication that makes
you inebriated and super-aware at
the same time. This is the kind of
intoxication we should introduce
our children and youth to.'

Sadhguru

DRUGS

'The medicine
increases the disease.'

Virgil

'Some remedies are worse than the disease.'

Publilius Syrus

'Medicine is only palliative. For behind disease lies
the cause and this cause NO DRUG can reach.'

Silas Weir Mitchell

'Doctors put drugs of which they know little into
bodies of which they know less for diseases
of which they know nothing at all.'

Voltaire

'Drugging out symptoms does not
solve the problem, it helps us ignore it -
until the vehicle breaks down.'

Bruce H. Lipton

'One of the first duties of the physician is
to educate the masses not to take medicine.'

William Osler

'All substances are poisons; there is none which is
not; the dose differentiates a poison from a remedy.'

Paracelsus

SIDE EFFECTS

'The person who takes
medicine must recover
twice, once from the disease
and once from the medicine.'

William Osler

'Most medications have one or
two ways to help you, and about a
dozen side-effects that will kill you.'

Craig D. Lounsborough

'Most diseases are the result of
medication which has been prescribed
to relieve and take away a beneficent and
warning symptom on the part of Nature.'

Elbert Hubbard

'I've often been flabbergasted by modern
pharmaceutical ads on television. The list of side
effects for some maladies often sound worse than the
condition they're supposed to treat. Once I even heard
"heart failure" listed as a side effect, and I wondered
how that happened. Heart failure sounds like a pretty
major event to me, and if you're willing to risk heart
failure in order to avoid the mild discomfort of
some other condition, then may the gods
shield you from harm, since you're
obviously seeking it out.'

Kevin Hearne

CURE THE DISEASE KILLING THE PATIENT

'As if you would call a physician,
that is thought good for the cure
of the disease you complain of but
is unacquainted with your body,
and therefore may put you in
the way for a present cure
but overthroweth
your health
in some other kind;
and so cure the disease
and kill the patient.'

Francis Bacon

POLYPHARMACY

Overprescribing medications

'Cure becomes the Disease'

'I am convinced when a single drug is prescribed, the doctor probably knows what to anticipate. When two drugs are prescribed, uncertainty prevails. When three drugs are prescribed, a doctor hasn't the foggiest notion how a patient will react. When four drugs are prescribed, God doesn't know what might ensue.'

Dr. Bernard Lown

'Why give you the cure when the disease makes money?'

Talib Kweli

'When treating a single cancer case brings in one million dollars of revenue for corporate healthcare, you can be sure that you will receive the treatment and not the cure.'

Steven Magee

THE DISEASE INDUSTRY

Pseudo Dis-Ease Market-ing

Dis-Ease Mongering

'Modern medicine is a negation of health. It isn't organized to serve human health, but only itself, as an institution. It makes more people sick than it heals.'

Ivan Illich

'A lot of money can be made from healthy people who believe they are sick'

Ray Moynihan, Iona Heath and David Henry

Disease mongering is the promotion of pseudo-diseases by the pharmaceutical industry aiming at economic benefit.

Dr. Marcelo SOSA-IUDICISSA

Dr. Purificación TEJEDOR DEL REAL

'And these [pharmaceutical] companies are still threatening to sue. And it's like, you know, do you not have a conscience? Do you not want the world to be a better place? You're still making a profit. How much more of a profit do you want to make?'

Elton John

MODERN MEDICINE

'In the last century the practice of medicine has become no more than an adjunct to the pharmaceutical industry and the other aspects of the huge, powerful and immensely profitable health care industry. Medicine is no longer an independent profession. Doctors have become nothing more than a link connecting the pharmaceutical industry to the consumer.'

Dr. Vernon Coleman

READ

FLEXNER REPORT

The Death of Natural Medicine
and the Birth of Modern Medicine

[The Flexner Report Reconsidered](#)

[The Business of Modern Medicine](#)

[The Foundation of Big Pharma](#)

BEN GOLDACRE • Bad Pharma

JACKY LAW • Big Pharma

DR JOHN VIRAPEN PhD

[Side Effects: Death](#)

[The Healing Web](#)

DR VERNON COLEMAN

How To Stop Your Doctor Killing You

THE SICK TRADE

'I find medicine is the best of all trades because whether you do any good or not you still get your money.'

Molière

'Apollo was held the god of physic and sender of disease. Both were originally the same trade, and still continue.'

Jonathan Swift

'Big Pharma needs sick people to prosper. Patients, not healthy people, are their customers. If everybody was cured of a particular illness or disease, pharmaceutical companies would lose 100% of their profits on the products they sell for that ailment. What all this means is because modern medicine is so heavily intertwined with the financial profits culture, it's a sickness industry more than it is a health industry.'

James Morcan

BIG pHARMa

'The medical establishment
has become the major threat to health.'

Ivan Illich

'It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine.'

Marcia Angell

'The whole entire existence of the pharmaceutical industry is based on presentation of false science, and advertising this false science and drumming it into the minds of gullible people who have no curiosity to find out why that is so.'

Fereydoon Batmanghelidj

'I am not against the pharmaceutical companies. I love them. That's not the issue. The issue is, in some cases, when they do these clinical trials, they control the data. They analyze the data. In some cases, they even write the article. And that leads to at least the perception, if not the reality, that there's a conflict of interest.'

Catherine D. DeAngelis

DISEASE AS A WEAPON

'The power of biological weapons is ten times more than the nuclear power. Unless we act fast with an open mind, any one of them can extinct the human race.'

Amit Ray

'We can't go on much longer morally. We can't go on much longer scientifically. The technology that was supposed to save us is ready to destroy us. New weapons are being made all the time, including chemical and biological weapons. Today the only bright spot on the horizon of this world is the promise of the coming again of Christ.'

Billy Graham

'The real lost souls don't wear their hair long and play guitars. They have crew cuts and trained minds, sign on for research in biological warfare, and don't give their parents a moment's worry.'

J. B. Priestley

NUTRITIONAL DEFICIENCY

inadequate supply of essential nutrients

LACK OF NUTRIENTS cause DIS-EASE

LACK OF...

OXYGEN causes illness & dis-ease

WATER • dehydration causes fatigue, pain,
cramps, impedes natural detoxification •

NUTRIENTS vitamins, minerals
cause illness & dis-ease

SUNLIGHT causes Vitamin D deficiency, depression

REST/SLEEP impacts memory, thinking &
concentration, increases negative mood, weakens
immunity, affects balance & coordination etc.

EXERCISE causes illness & dis-ease

LOVE causes depression, ill health

SELF-LOVE causes stress

NATURE causes illness & dis-ease

• artificial, virtual, industrial world •

SUPPORT (family, friends), loneliness
cause stress, depression, illness & dis-ease

'More people die from the hunger of
love than from the lack of food.'

Debasish Mridha

LACK OF OXYGEN

'All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level.'

Dr. Arthur C. Guyton

'Oxygen plays a pivotal role in the proper functioning of the immune system. We can look at oxygen deficiency as the single greatest cause of all diseases.'

Stephen Levine

'Disease as a result of disturbance in the rhythm of the breath. A change of rhythm, or an ataxy of the breath, would suffice to initiate a loss of immunity to bacterial agents.'

Avicenna

'In all serious disease states we find a concomitant low oxygen state... Low oxygen in the body tissues is a sure indicator for disease... Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease. Oxygen is the source of life to all cells.'

Stephen Levine

LACK OF NUTRIENTS

‘Some people’s meals have way less nutrients than some people’s faeces.’

Mokokoma Makhonoana

‘[A vitamin is] a substance you get sick from if you don’t eat it.’

Albert Szent-Gyorgyi

‘You cannot escape from the biological law of cause and effect - food choices are the most significant cause of disease and premature death.’

Joel Fuhrman

‘Today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.’

Mike Adams

‘A stomach can be full of so-called food, but be empty of nutrients.’

Mokokoma Makhonoana

‘Medicines cannot drug away the cellular defects that develop in response to improper nutrition throughout life.’

Joel Fuhrman

LACK OF WATER

'It is chronic water shortage in the body that causes most diseases of the human body.'

Masaru Emoto

LACK OF REST/SLEEP

'The time to relax is when you don't have time for it.'

Sydney J. Harris

'If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it.'

Herodotus

LACK OF SUNLIGHT

'Any person who misses out on sunlight becomes weak and suffers mental and physical problems as a result. His vital energy diminishes in due time, which is reflected in his quality of life.'

Andreas Moritz

LACK OF EXERCISE

'Lack of activity destroys the
good condition of every
human being.'

Plato

'All your trouble comes from lack of
exercise. A man of your strength and constitution
ought always to have kept physically active. So don't
jibe at the very wise advice that sentences you to one
hour's walk a day. You imagine the work of the mind
takes place only in the brain; but you're much
mistaken. It takes place in the legs as well.'

George Sand

'Those who think they have not
time for bodily exercise will sooner
or later have to find time for illness.'

Edward Stanley

'We do not stop exercising
because we grow old - we grow
old because we stop exercising.'

Kenneth Cooper

LACK OF SELF-LOVE

'The main health hazard in the world today is people who don't love themselves.'

Kinky Friedman

'The inability to love and accept yourself and your humanity is at the heart of many illnesses. To be loved and accepted, you must start by loving yourself. If you have traits that you consider unlovable, you must love them anyway... it's a paradox.'

Dr. Christiane Northrup

LACK OF LOVE

'Life without love is like a tree without blossom and fruit.'

Khalil Gibran

'A flower cannot blossom without sunshine, and man cannot live without love.'

Max Muller

'A broken heart is a distemper which kills many more than is generally imagined, and would have a fair title to a place in the bills of mortality, did it not differ in one instance from all other diseases, namely, that no physicians can cure it.'

Henry Fielding

LACK OF NATURE

'Nature-deficit disorder describes the human costs of alienation from nature, among them: diminished use of the senses, attention difficulties, and higher rates of physical and emotional illnesses. The disorder can be detected in individuals, families, and communities.'

Richard Louv

'A widening circle of researchers believes that the loss of natural habitat, or the disconnection from nature even when it is available, has enormous implications for human health and child development. They say the quality of exposure to nature affects our health at an almost cellular level.'

Richard Louv

'The future will belong
to the nature-smart—those
individuals, families, businesses,
and political leaders who develop
a deeper understanding of the
transformative power of the
natural world and who
balance the virtual
with the real. The
more high-tech we
become, the more
nature we need.'

[Richard Louv](#)

LACK OF SPIRITUALITY

‘There is more than enough
food, water, and so on to satisfy the
actual needs of everyone on the planet.

But there is not enough to satisfy everyone's
greed. Even if it were physically possible for you to
consume all the food, water, and fuel in the world,
you still would not be satisfied. “Material food”
cannot satisfy spiritual craving. Since the
materialist is never satisfied, he never
feels that he has had enough.’

‘If you believe that you are
your body, you will strive endlessly
to give your body sensual pleasure. You
will struggle to fill up your inner emptiness
with fleeting sensual flashes. But no amount
of sensual pleasure will satisfy you. No matter
how many taste orgasms, sexual orgasms,
and other kinds of orgasms
you may have, you still won't be
actually satisfied. You'll always have
a never ending desire for more.’

Jagad Guru Chris Butler

SPIRITUAL MALNUTRITION

'Our spirits...require nourishment.
Just as there is food for the body, there
is food for the spirit. The consequences
of spiritual malnutrition are just as
hurtful to our spiritual lives as
physical malnutrition is to
our physical bodies.'

Dallin H. Oaks

'When the soul is
starved for nourishment,
it lets us know with feelings of
emptiness, anxiety, or yearning.'
Menachem Mendel Schneerson

'There are spiritual poisons
that we drink every day and
think nothing of the fact that
they are killing us spiritually.'

BODY pH IMBALANCE

pH • potential of hydrogen

pH scale • 0-6.9 ACIDIC • 7.1-14 ALKALINE

Body pH **ACIDIC** • susceptible to illness & dis-ease

- Disease, illness, bad bacteria thrive in an acidic environment •

Body pH **ALKALINE** • disease cannot survive

Slightly alkaline pH • NORMAL, HEALTHY

TOXIC body: ACIDIC

ACIDITY caused by

Negative thought/emotion

Pharmaceutical drugs

Nutrient deficiency

Acidic food

Alcohol

Stress

Toxins

Toxic food

Processed food

Lack of sleep/exercise

Negative/disturbing images

‘If the human body is balanced in pH and nutrients, it is not susceptible to disease.’

Royal Rife

THE KIDNEYS

'The kidneys perform one of the most delicate balancing acts in the human body – maintaining the right acid-alkaline concentration of sodium and potassium in the blood and other fluids. While sodium is an alkaline mineral, potassium is acidic. The ratio between these two natural minerals is expressed as the pH (power of hydrogen) value and needs to be maintained within an extremely narrow range.

One of the main reasons is that every one of the 100 cells in your body needs a certain specific pH value so that they can perform even their basic functions. This job is entrusted to the kidneys. If your body's internal environment tilts towards being acidic, you run the risk of suffering from acidosis; and depending on your diet, you will speed towards a toxicity crisis. Alternatively, if your blood and other fluids tilt towards being too alkaline, you run the risk of alkalosis.'

[Andreas Moritz](#)

STRESS • 'SILENT KILLER'

'hardship, adversity, force, pressure'

state of mental or emotional strain or tension

• resulting from adverse or demanding circumstances •

MEDICINE • the body's response to physical, mental,
or emotional pressure

STRESS causes DIS-EASE

MENTAL & EMOTIONAL STRESS

NEGATIVE THOUGHTS & WORDS

• thoughts & words have power •

NEGATIVE FEELINGS & EMOTIONS

• POISON: anger, fear, hate, resentment, worry •

WESTERN LIFESTYLE

Problems of modern 'civilization'

DISTURBING IMAGES

• POISON: News, TV, magazines, social networks etc. •

LIVING IN SURVIVAL MODE

fight or flight mode triggered by the sympathetic nervous system providing the body with a burst of energy so that it can respond to perceived dangers

'The amount of stress in your life is determined by how much energy you expend resisting your life.'

Gary Zukav

STRESS

'Stress is caused
by being 'here' but
wanting to be 'there!'
Eckhart Tolle

'Man is ill because he is never still.'
Paracelsus

'You can't 'cope with' change
anymore than you can 'manage' stress.'
Bill Crawford

'Stress happens when your mind resists
what is... The only problem in your life is your
mind's resistance to life as it unfolds.'
Dan Millman

'It's not stress that kills us, it is our reaction to it.'
Hans Selye

'Stress is basically a disconnection from the earth,
a forgetting of the breath. Stress is an ignorant state.
It believes that everything is an emergency. Nothing
is that important. Just lie down.'
Natalie Goldberg

'Stress is the inability to adapt
to a changing environment.'
Dr. John Demartini

MENTAL & EMOTIONAL STRESS

'An unhealthy mind,
even in a healthy body, will
ultimately destroy health.'

Manly Hall

'Whoever grows angry
amid troubles applies a drug worse
than the disease and is a physician
unskilled about misfortunes.'

Sophocles

'Most of the world is like a mental hospital.
Some persons are sick with jealousy, others
with anger, hatred, passion. They are victims
of their habits and emotions. But you can
make your home a place of peace.'

Paramahansa Yogananda

'The diseases of the mind are more and
more destructive than those of the body.'

Marcus Tullius Cicero

MENTAL STRESS

'Diseases of the mind impair
the bodily powers.'

Ovid

'Stress is nothing more than a
socially acceptable form of mental illness.'

Richard Carlson

'Our anxiety does not come from thinking
about the future, but from wanting to control it.'

Khalil Gibran

'Remember that stress doesn't come from what's
going on in your life. It comes from your thoughts
about what's going on in your life.'

Andrew J. Bernstein

'Unease, anxiety, tension, stress, worry – all forms
of fear – are caused by too much future,
and not enough presence.'

Eckhart Tolle

'Stress is an ignorant state. It believes
that everything is an emergency.'

Natalie Goldberg

EMOTIONAL STRESS

NEGATIVE EMOTIONS

Anger, fear, hatred, resentment..
cause Dis-Ease

THE POISON OF ANGER

'An angry person is always full of poison.'
Confucius

'Holding onto anger is like drinking poison
and expecting the other person to die.'
Buddha

'Anger is an acid that can do more harm
to the vessel in which it is stored than
to anything on which it is poured.'
Mark Twain

HATING WHAT YOU DO

'There should be no distasteful tasks in
one's life. If you just hate to do a thing, that
hatred for it develops body-destructive toxins,
and you become fatigued very soon.'
Walter Russell

UNFORGIVENESS

'Our hearts are all prison walls
when we hold people captive
with chains of unforgiveness.'

Ikechukwu Izuakor

'They caused the first wound, but you
are causing the rest; this is what not forgiving
does. They got it started, but you keep it going.
Forgive and let it go, or it will eat you alive.'

Bryant McGill

'Unforgiveness is the most prolific cause
of disease. It will harden arteries or liver, and
affect the eye-sight. In its train are endless ills.'

Florence Scovel Shinn

ULTIMATE SLAVERY

if somebody else can decide what
can happen within you right now

'You are a slave to everyone
you haven't forgiven.'

Lawrence King

MODERN 'LIFE'

'The deviation of man from
the state in which he was originally
placed by nature seems to have proved
to him a prolific source of diseases.'

Edward Jenner

'The consideration of man's body has
not changed to meet the new conditions of this
artificial environment that has replaced his natural
one. The result is that of perceptual discord between
man and his environment. The effect of this discord
is a general deterioration of man's body, the
symptoms of which are termed disease.'

Hilton Hotema

'In my experience, the more people have,
the less likely they are to be contented. Indeed,
there is abundant evidence that depression is a
'disease of affluence', a disorder of modern life
in the industrialized world.'

Andrew Weil

‘CIVILIZATION’

‘Our civilization, which is lost
in doing, knows nothing of Being. It
asks: being? What do you do with it?’

Eckhart Tolle

‘The difficulty of describing things
for Western ears is that people in
a hurry cannot feel.’

Alan Watts

‘Reality is the leading cause of stress
amongst those in touch with it.’

Lily Tomlin

‘We get such a kick out of looking
forward to pleasures and rushing ahead
to meet them that we can’t slow down
to enjoy them when they come.’

Alan Watts

‘No medicine
can compensate
for un-healthy living.’

Renu Chaudhary

SURVIVAL MODE

'Survival vs. Creation illustrates the distinction between living in survival and living in creation. Living in survival entails living in stress and functioning as a materialist, believing that the outer world is more real than the inner world.

When you are under the gun of the fight-or-flight nervous system, being run by its cocktail of intoxicating chemicals, you are programmed to be concerned only about your body, the things or people in your environment, and your obsession with time. Your brain and body are out of balance. You are living a predictable life. However, when you are truly in the elegant state of creation, you are no body, no thing, no time—you forget about yourself. You become pure consciousness, free from the chains of the identity that needs the outer reality to remember who it thinks it is.'

Dr. Joe Dispenza

READ

MARK KIDEL

[The meaning of illness](#)

BOB TROWBRIDGE

[The hidden meaning of illness](#)

PETER WILBERG

The Illness is the Cure: An introduction
to Life Medicine and Life Doctoring
A new existential approach to illness

MICHAEL SCHWARTZ

[The Disease Symbology Handbook](#)

MICHEL ODOUL

What Your Aches and Pains Are Telling You:
Cries of the Body, Messages from the Soul

THORWALD DETHLEFSEN, RÜDIGER DAHLKE MD

[The Healing Power of Illness: The Meaning of
Symptoms and How to Interpret Them](#)

PAIN

French *peine*

'condition one feels when hurt'
including mental or emotional suffering

Latin *poena* punishment, penalty, retribution

DEFINITION • unpleasant bodily sensation that
causes physical discomfort and emotional distress

MEDICAL • an unpleasant feeling that is conveyed
to the brain by sensory neurons. The discomfort
signals actual or potential injury to the body.

INTERNATIONAL ASSOCIATION

FOR THE STUDY OF PAIN

unpleasant sensory and
emotional experience
arising from actual or
potential tissue damage

‘All pain is the
result of resistance
to the natural self.’

Bashar

‘Pain is a
sensation produced
by something contrary to the course
of nature and this sensation is set up by one of
two circumstances: either a very sudden change of
the temperament (or the bad effect of a contrary
temperament) or a solution of continuity.’

Avicenna

‘Much of your pain is self-chosen.’

Khalil Gibran

MEDICINE

‘Happiness is a disease,
and pain, a medicine.’

Narayananda Swami

‘Much of your pain is the
bitter potion by which the physician
within you heals your sick self.’

Khalil Gibran

PROTECTIVE MECHANISM

alerts about the harmful condition or
experience that occurs

'Pain is a protective mechanism developed by
the brain based on how it interprets information'

Adriaan Louw PT, PhD

'Tissues contain DANGER receptors
(not pain receptors).'

Adriaan Louw PT, PhD

'The nervous system works
like an alarm system. It activates
to inform us of danger, like stepping
on a nail, and calms down when the threat
is removed. In some people, the alarm system
remains extra sensitive, which creates less space
for exercise, work, etc. Your sophisticated alarm
system contains various sensors to tell you
how cold it is outside or how stressed
you are. Thus, increased feeling in
an arm or leg is just that ...
not necessarily that
something is wrong.'

Adriaan Louw PT, PhD

EFFECT OF PAIN

‘The effect of pain on the body.

Pain dissipates the bodily strength and interferes with the normal functions of the organs. The respiratory organs are inhibited from drawing the air in, and consequently the act of breathing is interfered with, and the respiration becomes intermittent, or rapid, or altogether unnatural in rhythm.’
Avicenna

PAIN

AYURVEDA

'Vatat Rute Nasti Ruja'

'The root cause of all types
of pain is Vata Dosha'
Acharya Sushruta

'Ayurveda welcomes
and accepts pain, even while
trying to relieve it, for Nature intends
pain to be a multi-layered message to us.
Underlying the immediate directive—stop
using that body part!—lies a request to
look into our lives and see what we
are doing to create this misery.'
Robert E. Svoboda

'When the body is
in pain, a distorted
area of awareness is
crying out to the rest
of awareness for help.'
Deepak Chopra

TRADITIONAL CHINESE MEDICINE

PAIN result of Qi & blood being obstructed,
condition where the energy of the body
(Qi) has become stagnated or stuck
or an area where the qi flow
has become diminished.
Lack of movement/flow.

‘If there is free flow,
there is no pain; if
there is pain, there
is lack of free flow.’
Huang Di Nei Jing

‘Where there is no movement
there is pain. Where there is
movement there is no pain.’
Traditional Chinese Saying

PAIN

• MESSAGE •

'Though all afflictions
are evils in themselves, yet
they are good for us, because
they discover to us our disease
and tend to our cure.'

John Tillotson

'Pain (any pain--emotional,
physical, mental) has a message.

The information it has about our life
can be remarkably specific, but it usually
falls into one of two categories: We would
be more alive if we did more of this and
Life would be more lovely if we did less
of that. Once we get the pain's
message, and follow its
advice, the pain
goes away.'

Peter McWilliams

MESSENGER

'These pains you feel are
messengers. Listen to them.'

Rumi

CALL FOR CHANGE

'The more severe the pain or illness,
the more severe will be the necessary
changes. These may involve breaking
bad habits, or acquiring some
new
better ones.'

Peter McWilliams

GOD'S MEGAPHONE

'Pain insists upon being attended to.
God whispers to us in our pleasures, speaks
in our conscience, but shouts in our pains. It
is his megaphone to rouse a deaf world.'

C. S. Lewis

A NEW BEGINNING

'New beginnings are often
disguised as painful
endings.'

Lao Tzu

BLESSING IN DISGUISE

opportunity for transformation
& growth

'Your pain is an opportunity
for you to learn about yourself.'

Gary Zukav

'God's design in our pain enables us
to look back and say: He loves me enough
to take me where I would have never wanted
to go in order to produce in me what I never
could have achieved on my own.'

Paul David Tripp

'Growth is painful. Change is painful.
But nothing is as painful as staying stuck
somewhere you don't belong.'

Unknown

'When pain, misery, or anger happen,
it is time to look within you, not around you.'

Jaggi Vasudev

• LESSON •

'Your pain
is the breaking of
the shell that encloses
your understanding.'

Khalil Gibran

'Be patient and
tough; someday
this pain will be
useful to you.'

Ovid

'Pain was not given
thee merely to be miserable
under; learn from it, turn it to account.'

Thomas Carlyle

'The pain
will leave once
it has finished
teaching you.'

Bruce Lee

OUTCOME OF SIN

'Pain is an outcry of sin.'

Robert South

'Pain is the outcome of sin.'

Gautama Buddha

'The pain is the
outcome of our bad deeds.'

Samael Aun Weor

'The pain I feel now is the happiness
I had before. That's the deal.'

C.S. Lewis

PLEASURE & PAIN

'Pleasure is always something
apposed to pain, it is never
separate from pain.'

Rajneesh

'The deeper the feeling,
the greater the pain.'
Leonardo da Vinci

CAUSE OF PAIN

LACK OF OXYGEN

'All chronic pain,
suffering, and diseases
are caused by a lack of
oxygen at the cell level.'

Dr. Arthur C. Guyton

DEHYDRATION

'Till taught by pain, men
know not water's worth.'

Lord Byron

'Another major indicator of dehydration in the body is pain. In response to an increasing shortage of water, the brain activates and stores the important neurotransmitter *histamine*, which directs certain subordinate water regulators to redistribute the amount of water that is in circulation. This system helps move water to areas where it is needed for essential metabolic activity and survival when facing such a shortage, as it happens during a drought. When *histamine* and its subordinate regulators for water intake and distribution come across pain-sensing nerves in the body, they trigger strong and continual pain. These pain signals may manifest, for example, in rheumatoid arthritis, angina, dyspepsia, low back problems, neuralgia, migraine and hangover headaches. They are necessary to alert the person to attend to the problem of a widespread or localized form of dehydration.'

[Andreas Moritz](#)

RESISTANCE OR SUPPRESSION

'An emotion does not cause pain.

Resistance or suppression
of emotion causes pain.'

Frederick Dodson

'Pain is a relatively objective,
physical phenomenon; suffering
is our psychological resistance to what
happens. Events may create physical pain,
but they do not in themselves create suffering.
Resistance creates suffering. Stress happens
when your mind resists what is... The only
problem in your life is your mind's
resistance to life as it unfolds.'

Dan Millman

'In this world,
all pleasures are
sources of pain.'
Radhanath Swami

PAINKILLERS

'Numbing the pain for a
while will make it worse
when you finally feel it.'

J. K. Rowling

'We often give painkillers
the credit that ought to be given
to the passage of time, the belief that
they would kill the pain, or the water
that accompanied them.'

Mokokoma Mokhonoana

'Drugs never cure disease. They
merely hush the voice of nature's protest, and
pull down the danger signals she erects along the
pathway of transgression. Any poison taken into the
system has to be reckoned with later on even though
it palliates present symptoms. Pain may disappear,
but the patient is left in a worse condition,
though unconscious of it at the time.'

Daniel H. Kress, MD

PAIN & PAINKILLERS

'Taking painkillers, unless it is absolutely necessary for extremely painful conditions, is an act of suppressing and destructing the healing intelligence of the body. When ill, the body may require pain signals to trigger the appropriate immune response for the removal of toxins from a localized area and to prevent the individual from further harming himself. Pain is *not* a disease and should therefore not be treated as one. **Pain is the body's natural response to congestion and subsequent dehydration and malnourishment of cells and tissues.** It occurs in the presence of toxic material and is often accompanied by infection. In most cases, a pain signal occurs when one of the brain's emergency hormones called *histamine* is secreted in large amounts and passes over the pain nerves near or along a congested area.

The body also uses histamines to reject foreign materials such as viral particles or toxic substances and to direct other hormones or systems in the body to regulate water distribution. The latter function of histamine is very important, for where there is a build-up of toxins there is also an acute water shortage (dehydration). When the pain signal becomes suppressed, however, the body is confused over how to deal with the congestion and build-up of toxicity. It also is prevented from learning about the progressive condition of dehydration of some of its cells. In addition, in order to process painkillers,

the cells of the body have to give up even more of their cellular water.

We can assume that, under normal circumstances, the intensity of pain rises with the concentration of toxins. **The brain produces the perfect amount of natural painkillers, known as endorphins, in order to keep the pain tolerable but also strong enough to maintain a strong and active immune response.**

Synthetically derived painkillers, on the other hand, cause an electric short circuit of the pain signal. The brain and the immune system, though, need to receive this signal to be able to attend to the endangered area. The sudden suppression of pain can be likened to cutting the wires of an alarm system that is protecting a house. When a burglar enters the house, nobody will notice it.

Painkillers do not only keep the body ignorant about a particular physical problem, they also sabotage its healing efforts. The regular use of painkillers suppresses endorphin production in the brain and thereby causes drug dependency. This also lowers the body's tolerance level for pain, making even minor problems of congestion very painful. Some people have abused their bodies in this way to such an extent that they suffer from excruciating chronic pain, although the causal problem may actually be only a minor one. When painkillers are no longer effective enough, some people may even wish to take their lives to get the desired relief.'

[Andreas Moritz](#)

SUFFERING

Psychological Pain
Mental & Emotional Pain

‘To perceive is to suffer.’

Aristotle

‘Pain is physical, suffering is mental. Beyond the mind there is no suffering. Pain is essential for the survival of the body, but none compels you to suffer. Suffering is due entirely to clinging or resisting, it is a sign of our unwillingness to move on, to flow with life.’

Sri Nisargadatta Maharaj

‘You cannot suffer the past or future because they don’t exist. What you are suffering is your memory and imagination.’

Sadhguru

OUR CHOICE

‘When we suffer something, we can become wise or wounded’

Sadhguru

CAUSE OF SUFFERING

'It isn't what happens to us that
causes us to suffer; it's what
we say to ourselves
about what happens.'

Pema Chödrön

IMAGINATION

'We suffer more
in imagination
than in reality.'

Seneca

OUT OF TOUCH

'Suffering is a sign that you're out of touch
with the truth. Suffering is given to you that you
might open your eyes to the truth, that you might
understand that there's falsehood somewhere,
just as physical pain is given to you so you will
understand that there is disease or illness
somewhere. Suffering occurs when you clash
with reality. When your illusions clash with reality,
when your falsehoods clash with truth, then you
have suffering. Otherwise there is no suffering.'

Anthony de Mello

COG IN A MACHINE

'Religion, politics, society are exploiting you, and you are being conditioned by them; you are being forced in a particular direction.

You are not human beings; you are mere
cogs in a machine.'

Jiddu Krishnamurti

'What would happen
to a body that was starved,
suffocated and then forced to drink
poison? It would first suffer and then die
an agonizing death. We willingly starve and
suffocate our hearts by turning away from the
remembrance of God. And then we poison our
hearts through the bad company we keep, the
garbage that goes into our eyes and ears, and
emanates from our tongue... And then we
wonder why our heart feels dead.'

Yasmin Mogahed

SELF REALIZATION

‘Every uncomfortable feeling,
every pain, every moment of stress &
suffering is for your own self-realization.’

Byron Katie

‘The sweetness and delights of
the resting-place are in proportion
to the pain endured on the Journey.
Only when you suffer the pangs
and tribulations of exile will
you truly enjoy your
homecoming.’

Rumi

PAIN VS. SUFFERING

'Pain is a good thing as
a physical self-preservation
mechanism. But suffering
is something that you
do in your mind.'

Sadhguru

'Pain is not the same as
suffering. Left to itself, the
body discharges pain
spontaneously,
letting go of it the
moment that the
underlying cause is healed.
Suffering is pain that we hold
on to. It comes from the mind's
mysterious instinct to believe
that pain is good, or that it
cannot be escaped, or
that the person
deserves it.'

Deepak Chopra

PHYSICAL VS. EMOTIONAL PAIN

'The very same brain centers that interpret and feel physical pain also become activated during experiences of emotional rejection. In brain scans, they light up in response to social ostracism, just as they would when triggered by physically harmful stimuli. When people speak of feeling hurt or of having emotional pain, they are not being abstract or poetic, but scientifically quite precise.'

Gabor Mate

SYMPTOMS

indication of a condition

'The so-called symptoms
of disease are manifestations of an
inherent principle of the organism to
restore healthy function and to resist
offending agents and influences.'

Herbert M. Shelton

'What is impossible to see
from the viewpoint of those who
believe in cures is that the very symptoms
the good doctors have suppressed and turned
into chronic disease were the body's only means of
correcting the problem! The so-called "disease"
was the only "cure" possible!'

Philip K. Chapman

'Follow the lead of your symptoms,
for there's usually a myth in the mess,
and a mess is an expression of soul.'

James Hillman

LANGUAGE OF THE BODY

'Symptoms are the body's mother tongue;
signs are in a foreign language.'

John Brown

'The symptoms and the illness
are not the same thing. The illness exists
long before the symptoms. Rather than being the
illness, the symptoms are the beginning of its cure.
The fact that they are unwanted makes them all
the more a phenomenon of grace — a gift of
God, a message from the unconscious.'

M. Scott Peck

'The symptoms or the sufferings generally
considered to be inevitable and incident to
the disease are very often not symptoms of the
disease at all, but of something quite different-of the
want of fresh air, or of light, or of warmth, or of quiet,
or of cleanliness, or of punctuality and care in the
administration of diet, of each or of all of these.'

Florence Nightingale

'Symptoms, then, are in reality nothing
but a cry from suffering organs.'

Jean-Martin Charcot

‘MEDICAL TREATMENT’

‘Medication, surgery, and radiation are the weapons with which conventional medicine foolishly shoots the messengers called symptoms.’

Mokokoma Mokhonoana

‘Medical treatment is emergency care for symptoms that have developed over a long period of time. The symptom is the flower on a plant. Treating the symptom is picking the flower, while the plant remains untouched.’

Gary Zukav

‘And it will fall out as in a complication of diseases, that by applying a remedy to one sore, you will provoke another; and that which removes the one ill symptom produces others.’

Thomas More

‘Medical researchers have discovered a new disease that has no symptoms. It is impossible to detect, and there is no known cure. Fortunately, no cases have been reported thus far.’

George Carlin

ROOT CAUSE

• origin of a problem •

ROOT 'hidden under the surface'

'relate to origins and sources'

'A good doctor cures the disease,
but a great doctor cures the cause.'

Amit Kalantri

'Knowing the root cause of a problem is
the best solution of that particular problem.'

Subha Dhar

'We often preoccupy ourselves with the
symptoms, whereas if we went to the root
cause of the problems, we would be able to
overcome the problems once and for all.'

Wangari Maathai

'Maybe you are
searching among the
branches, for what only
appears in the roots.'

Rumi

TREAT THE CAUSE

• NOT THE SYMPTOM •

The body is designed to be healthy.
Finding and removing the root cause,
the body heals itself.

'What you have to do if you are going to treat
any disease is get to the root of the disease.'

Ron Rosedale

'Yoga aims to remove the root cause of
all diseases, not to treat its symptoms as
medical science generally attempts to do.'

Vishnudevananda Saraswati

'All ills spring from some vice,
either in ourselves or others; and
even many of our diseases proceed
from the same origin. Remove the vices;
and the ills follow. You must only take care
to remove all the vices. If you remove part,
you may render the matter worse.'

David Hume

TREAT THE PATIENT • NOT THE DIS-EASE •

'The physician should
not treat the disease
but the patient who
is suffering from it.'

Maimonides

'It's far more important to know
what person the disease has than
what disease the person has.'

Hippocrates

'The good physician treats the
disease; the great physician treats
the patient who has the disease'

William Osler

"Treat a disease and sometimes you'll win,
sometimes you'll lose. Treat a person, and
I guarantee you'll win every time."

Dr. Patch Adams

‘Everything
we eat, think, do,
and contact, reacts
upon bodily Health.’
Paramahansa Yogananda

You are not sick,
You are HEALING!

Thank You

I would like to thank you for your interest in reading my Healing Manual. Kindly purchase the full book at [Heal Lore](#).

'Be careful about reading health books.
You may die of a misprint.'
Mark Twain

We are living in the most EXCITING & extraordinary times of human history. Our Health has become a question of Life & Death. It is time to take control of our own health.

Heal Lore is a Manual for Healing, a quest to demystify disease, pain, healing; including universal natural healing methods, that we all have been using consciously or unconsciously; as well as sharing essential information we were never really told about our most intelligent human machine.

The 3 main chapters are: Dis-Ease, Healing and Detox & Wellness. The content is the result of decades of personal experiences, research, Ayurvedic and other studies.

The first chapter explores the meaning and possible causes behind dis-ease, pain and suffering.

The second chapter reveals the secret and nature of healing while suggesting natural healing methods.

The third chapter is about detoxification and wellness, describing natural physical, mental, emotional and spiritual detox and wellness practices; at the end highlighting the importance of prevention which can be achieved by a correct lifestyle and healthy daily routine.

The second and third chapters contain a wellness section, with Ayurveda, TCM, Aroma, Gem, Color & Music Therapy.

My personal experiences and my natural interest in health led me to discover what I am about to share with you.

How did I become my own doctor?

I watched my beloved dad die on the New Year's Eve of 1984 sitting in front of him on a train, when I was just 10 years old. I was devastated and heartbroken. A few months later I was taken to a cardiologist, a cold, older man with an arrogant 'I'm the expert, who knows all' attitude. He measured my EKG, and based on the result, simply prescribed me pills. The heartless man did not bother to ask any question about my life. Any person with a tiny bit of common sense would have understood that my heart was broken. *Takotsubo cardiomyopathy*, the 'broken heart syndrome' was 'discovered' only in 1990.

I remember vividly the moment, when I looked at those colorful pills and thought 'how these pills would/could know what to do and find/heal my heart'. It didn't make any sense to me and I trashed those poisonous pills.

I had strong intuition and common sense even at an early age. What my heart needed was love, not synthetic pills with side effects. I was refused to get any kind of pet, so I found a hobby which I truly loved. Immersing myself daily into this loving energy slowly healed my heart.

During my childhood every time I got a cold in the winter the doctor would prescribe poisonous pills as a treatment. I never wanted to take pills and instinctively refused to eat, but sadly my mother didn't have common sense and she forced me to take pills and eat; thus prolonging a simple common cold for 3-4 weeks, which could have been quickly healed in 2-3 days with fasting; drinking herbal teas

with lemon and honey; and sleep without any poisonous pills. I know this to be true because in my adulthood I healed myself and others several times with this simple and traditional method in 2-3 days.

During the senseless corona lockdown I developed a frozen shoulder after regularly walking 3 hours carrying a large, heavy bag as healthy unmasked individuals weren't allowed to use public transport. I went to see a Chinese doctor, who asked me to wear a mask, and vaccination.. I quickly ran out of the place.. Another Chinese doctor ran away from me as I was not wearing a mask... I had no other choice left, but to heal myself. I was able to completely heal my terrible shoulder pain in just 4-6 weeks, despite the 'expert' claims that frozen shoulder heals in years.. I refused to accept the 'expert' nonsense that this condition should last 1-3+ years.

Those so called 'experts' and 'doctors' failed to heal me. The frozen shoulder experience led me to an even greater research and to compiling this manual.

My final conclusion is that the cause of illness is a deviation from natural life and our divine loving self—a lack of love. Illness is the body's natural healing response.

Illness is Man's Fine Tuning; its ultimate purpose is to harmonize the Soul.

The only medicine is Love, which was and is well-known by many famous doctors and healers.

Being joyful, happy, and true to ourselves will keep illness and disease away.

We all know the old saying: 'Health is wealth'.
Marcus Valerius Martial said approx. 2000 years ago: 'Life is not merely to be alive, but to be well.'
Hippocrates claimed: 'A wise man ought to realize that health is his most valuable possession.'
Ralph Waldo Emerson wrote in 1860 in the [Conduct of Life](#): 'The first wealth is health'.
Swami Sivananda: 'Health is certainly more valuable than money, because it is by health that money is procured. Health is wealth.'

The value of health was known for thousands of years. Home remedies have traditionally been used worldwide. After the colonization of continents, health was colonized: the 'health care' industry came into being, which became an extremely lucrative business turning into a Health Scare industry. Our health and well-being is no longer a necessity. It is a question of life and death.

'My Health is My Wealth and I refuse to turn it into greedy people's wealth.' Erika Gittinger

'Do not run to the doctor every time you feel an ache or pain. Endeavour to qualify yourself as your own doctor, learn something about Nature remedies. Nature remedies will save you many a doctor bill.

Every system has its own drawbacks or defects. But Naturopathy stands unrivalled, because Mother Nature acts as a kind and able physician here. No foreign matter is introduced into the system. Nature agencies are utilized. Naturopathy is the divine system of treatment.'

Swami Sivananda

This publication is free of charge for personal use. If you find the information valuable and would like to buy me a tea or support my work, you are welcome to donate: [Heal Lore](#).

FREE download. Please share this link/wisdom to help others: [Heal Lore](#).

the 'information' and 'communication' fields, and the 'information science' field.

As a result of the above, the 'information science' field is the most important and the most influential field in the 'information science' domain.

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